

Association between Sleep Quality with the Hours of Internet Use among Medical University Student

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Introduction

Nowadays one of the life-style habits that young people frequently alter upon entering college is sleep. The internet is one of the most effective communication tools and an Inseparable part of everyday life of people, especially students. Excessive use of the Internet had caused major problems to many people's mental. Studies have been shown that electronic media have a negative influence on the sleep quality. This study aims

to investigate the association between internet use with sleep quality in medical university student

Methods

In this cross-sectional web-based study, link of questionnaire was sent via e-mail to 299 university students aged 16-40 years. The study questionnaire included: demographic questions about the number of days of the week and hours of Internet use, the Pittsburgh Sleep Quality Index (PSQI). Then data were analyzed by Regression, we used statistical analyses SPSS 22 for windows for all analyses.

Results

The mean \pm standard deviation of the participants' age was 27.68 ± 5.54 (18-40 years old age range). The mean(SD) of sleep quality index Pittsburgh (PSQI) was $4.19 (\pm 1.19)$ (min: 1, max: 13.5). 67.2% students had good sleep (GS) and 32.8% poor sleep (PS) in both gender (females GS: 66.1%, PS: 33.9 & males GS: 70.5, PS: 29.5). Internet users (73.4 % of women and 26.6% of men) completed the questionnaire, the average duration of daily use of the Internet was 4.13 ± 3.20 (8.5 Minutes up to 18 hours), the duration of daily use of the Internet with sleep quality index showed a significant relationship ($P = 0.004$).

Conclusions

This study showed that the more hours of Internet use was associated with lower sleep quality score. As a result, overuse of the Internet, due to the poor quality of sleep.